

Los Rios Community College District – Job Safety Analysis

Job Category: Athletic Trainer/Assistant Athletic Trainer			
Required and/or recommended personal protective equipment:			
Sequence of Basic Job Steps	Potential Hazards	Recommended Controls	PPE Required? Y/N
Administers emergency care, treats acute, sub-acute and minor chronic disabilities; handle scalpel and prep syringes for team physicians	Potential for exposure to various viruses, bacteria, biohazardous materials and blood-borne pathogen; punctures wounds or cuts	Training regarding exposure to blood and body fluid policy and procedure; consistent use of universal precautions. Follow guidelines as per infection control, routine practices, exposure to blood and body fluid policies, biohazardous material handling. Always wear appropriate PPE and take blood-borne pathogens (BBP) precautions in the presence of any bodily fluids, and proper adherence to blood-borne pathogen handling protocols. Proper selection and use of personnel protective equipment including gloves, protective eyewear, lab coats. Implementation of proper personnel hygiene habits, including washing hands and face before eating. Voluntary participation in Hepatitis B vaccination program. Proper adherence to biological waste handling procedures.	Y
Perform treatment modalities such as ultrasound, electrical stimulation, hydrotherapy and therapeutic exercise; special taping, bracing or padding, either preventative or rehabilitative	Muscle strain and fatigue; back and injury; appliance and equipment hazards such as burns, electrocution, electrical shock; injury from physical hazards using specialized equipment as well as falling objects.	Receive appropriate operational training of the specific appliances and equipment. Always read and follow all manufactures labels/ markings on the tool prior to use. Inspect the tool prior to use to ensure proper working order. Use appropriate PPE when using tools; proper selection and use of personal protective equipment including gloves, protective eyewear, etc., as required for equipment. Use GFCI protected electrical outlets. Replace frayed or damaged electrical cords. Ensure that electrical cords are not damaged by being wedged against furniture or pinched in doors.	Y
Work outdoors for long periods of time	Exposure to temperatures that result in heat stress, exhaustion, or metabolic slow down such as	Wear loose clothing that permits sweat evaporation but stops radiant heat. Use cooled	N

Los Rios Community College District – Job Safety Analysis

	hypothermia	protective clothing for extreme conditions. Allow sufficient acclimatization period before full workload. Shorten exposure time and use frequent rest breaks. Provide cool (air-conditioned) rest-areas. Provide cool drinking water. If practical, allow workers to set their own pace of work. Training on how to recognize symptoms of heat exposure in themselves and others.	
Demonstration of corrective/conditioning exercises	Damage of tissue due to overexertion (strains and sprains) or repetitive motion.	Use proper warm-up stretching prior to demonstrations. Use caution if surface is slippery; utilize proper surfaces as required by particular sports. Use protective pads/gear when appropriate. Follow safety rules/regulations for individual sport.	Y
Standing for long periods of time	Leg/knee problems, back problems	Follow good health physiology practices: Do not lock knees, exercise good posture, change stance, and move back and forth. Stretch, exercise and maintain appropriate body weight. Avoid fatigue.	Y
Maintain and operate athletic training room and equipment	Back strain; physical injuries due to slips, trips and falls, and falling objects; foot injury from dropping heavy objects; use of cleaning chemicals	Receive appropriate operational training of the specific appliances and equipment; keep floors clear of debris and liquid spills. Do not stand on chairs of any kind, instead use proper footstools or ladders. Do not store heavy objects overhead. Maintain all equipment in top condition for safe usage. Store on appropriate shelves at safe heights. Store heavier items near the floor with lighter items near the ceiling. Back brace, if necessary.	Y
Handling and moving heavy items and equipment; moving sick or injured person; carrying water/ice to athletic fields.	Ergonomic hazards including heavy lifting, repetitive motions, awkward motions, crushing or pinching injuries, musculoskeletal injury.	Request assistance with all loads that cannot be safely lifted by one person. Use mechanical means to lift and move heavy items, push carts and dolly rather than pull, attend back safety class, employ proper lifting techniques at all times. Set up work operations as ergonomically safe as practical. Wear proper hand and foot protection to protect against crushing or pinching injuries.	Y

Los Rios Community College District – Job Safety Analysis

<p>Desk work: Student records review, filing, data entry, computer work.</p>	<p>Eye strain; neck and back strain; hand/finger strain; repetitive motion injury.</p>	<p>Ensure that workstations are ergonomically correct. Check contrast levels of monitor, have glasses coated with antiglare substance, and provide additional protective screens to monitors. Adjust chair, keyboards and monitors at appropriate height for safety and comfort for each user. Use appropriate keyboard and wrist pad. Use proper lighting (16-46 foot candlepower); adjust equipment to appropriate distance and height according to user's neutral posture; arm's length distance from monitor; angle of user's upper arm and forearm at 90 deg.; feet planted on floor/footrest when seated; clear leg space; take periodic rest breaks</p>	<p>N</p>
<p>Flying objects (shuttlecock, baseballs, etc.)</p>	<p>Eye injury, concussion</p>	<p>Awareness of potential flying objects from any direction when in the sports arena; protective head gear as needed.</p>	
<p>Dealing with or transporting chemically, emotionally and psychologically imbalanced students</p>	<p>Potential physical harm</p>	<p>Contact college police for assistance and protection if student appears to be out of control. Use non-aggressive communication skills.</p>	

Date: January 2023 / Reviewed By: Athletic Deans, Athletic Trainers, Risk Management, Human Resources

*Note: this Job Safety Analysis form includes the following Positions in the Los Rios Community College District: Assistant Athletic Trainer; Athletic Trainer.